

## General Information





#### Murfreesboro

#### Parks and Recreation

Director, Dennis Rainier, CPRP Deputy Director, Lanny Goodwin, CPRP

697 Barfield Crescent Rd. Murfreesboro, TN 37128 Phone: (615) 890-5333 Fax: (615) 904-6507

#### MISSION STATEMENT

Our mission is to plan, organize, implement and promote a comprehensive delivery system of programs, facilities and areas which enhance the community's quality of life.

#### CITY OF MURFREESBORO ACCESS STATEMENT

The City does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, sex, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.

#### Parks & Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have iurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City Murfreesboro.

#### **Commission Members:**

Mr. D. Edwin Jernigan, Jr., Chair, Mr. Chris Bratcher, City Council, Mr. Butch Campbell, Ms. Elsie Easter,

Mrs. Marilyn Mathis, Dr. Martin McCullough, Mr. Eddie Miller, Vice Chair, Dr. Dwight Patterson, Mr. Bill Shacklett, City Council, Mr. Bill Allen (ex officio)

**Citywide Athletics** 867-4913 Thomas Laird Gary Arbit Cannonsburgh Village 890-0355 Fred Trujillo

Contacts: Administrative Office

> 890-5333 Felicia Burney

Mitzi Hughes Cindy Nance

**Debbie Terry** 

**Aquatics** 

895-5040 or 893-7439

Jeni Brinkman, CPRP

**Dustin Johnson** 

Kathi Mize

**Cultural Arts** 893-7439, Ext. 33

Terry Ann Womack Drug Awareness / Project Go!

893-9414, ext. 17 Shelia Hodges **General Programming** 642-3170

Marlane Sewell, CPRP **Greenway and Wetlands** 

> 893-2141 Angela Jackson **Wilderness Station** 217-3017

Deborah Paschall, CPRP Rachel Carrigan

McFadden Community Center 893-1802 Carolyn Carr

> Patterson Park **Community Center** 893-7439

Tom Sage - Superintendent **Russell Smith - Operations** Beth McDaniel - Operations Chad Hill - Wellness Michael Philpott - Athletics Rachel Harden - Programs Trina Pullum, CPRP - Programs

> Sports\*Com 895-5040

Bart Fite - Superintendent Tommy Gregory - Operations **Dennis Nipper - Athletics** Allison Davidson - Wellness

#### RENTAL INFORMATION

Location	Amenities Available for Rental	Reservations
Barfield Crescent	Shelters 1,2,5,6,7,8 - seating amounts differ and are available half day and/or all day Shelters 3,4,9,10 are free and available on a first-come, first-serve basis.	890-5333
General Bragg Trailhead	1 picnic shelter, seats approx. 45, with attached restroom. Available half day and/or all day.	890-5333
McKnight Park	1 picnic shelter, seats approx. 80. Available half day and/or all day.	890-5333
Old Fort Park	2 picnic shelters, seats approx. 80 each, with restroom located at shelter #1. Available half day and/or all day.	890-5333
Patterson Park Community Center	1 large shelter, seats approx. 100, available half day and/or all day and 1 small shelter, seats approx. 50, available on a first-come, first-serve basis. Meeting rooms, dining room & kitchen, theater & pool available for rental.	893-7439
Rogers Park	1 large shelter, seats approx. 80 and 1 small shelter, seats approx. 45, both available half day and/or all day.	890-5333
Cannonsburgh Village	Available for rental: Chapel, Gazebo, Leeman House, open space rentals, tables, chairs & staff.	890-0355
McFadden Community Center	Gym available half day and/or all day. Gym as dining room, kitchen available on hourly basis.	890-5333
Sports*Com	Gym, pool and aerobic area available on an hourly basis. Kitchen available at a flat rate. Meeting room and outdoor volleyball courts available half day and/or all day. Pool party specials available on Saturdays and facility available for overnight rental.	895-5040
Wilderness Station	Available for rental: retreat area, camp sites and equipment.	217-3017

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#### **Barfield Crescent Park**

A 430-acre community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro.

#### Facilities include:

\*8-field baseball/softball complex with parking for 600 cars (lighted fields, 2 concession stands, scorekeeper areas and scoreboards)

\*Administrative office of the Parks and Recreation Department

\*Over 7 miles of both paved and unpaved hiking and walking trails



\*10 picnic shelters with tables (4 shelters seating 24 in each, 1 shelter seating 76, 4 shelters seating 108 in each and a corporate shelter seating 315+)

\*An 18-hole championship Disc Golf Course

Wilderness Station with two education classrooms, restrooms and outdoor store.

12 private campsites and 1 group site.

### McKnight Park

An 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro.

#### Facilities include:

\*Sports\*Com, an indoor/outdoor multipurpose sports and recreational facility composed of a gymnasium, 1/16 mile track, aerobics area, fitness equipment, meeting room, 25-yard indoor pool and 50-meter outdoor pool, and a sand volleyball court.



\*4 youth softball fields and concession

stand (home of the Stones River Kiwanis Girls Softball Program).

\*Star\*Plex, a 5-field youth/adult baseball/softball complex with concessions and restroom facilities (home of the Optimist Little League Baseball Program).

\*8 youth/adult soccer/football fields with a picnic shelter, concession stand and restroom facilities.

\*1 medium-sized picnic shelter located next to the side parking lot of Sports\*Com.

#### **Old Fort Park**

A 50-acre community park located at 1025 Old Fort Parkway.

#### Facilities include:

- \* 2 picnic shelters (1 with restrooms)
- \* 1 small playground near shelter #1
- \* Kids' Castle Playground
- \* 2 baseball fields with lights, concession stand, press box and restrooms
- \* Volleyball area
- \* Large open space with backstop
- \* 20 electrical hookups
- \* 8 lighted tennis courts with pro shop



Kids' Castle at Old Fort Park

#### Oaklands Park

A 31-acre neighborhood park and historic site located at the corner of N. Manev Ave and Roberts St.

- \*Oaklands Mansion National Historic Site \*Oaklands Spring area, nature trail (undeveloped)
- \* Volleyball area
- \* 2 ball fields (1 Babe Ruth, 1 Little League) with lights, press box and restrooms.



#### **Black Cat Cave**

2.5 acres located on Hwy. 231 North across from the VA Hospital.

### Richard Siegel Soccer Complex and **Community Park**

A 137-acre soccer complex and community park. The park is located at the corner of 231-North and Cherry Lane. Siegel is one of the premier soccer facilities in the southeast region.

#### Facilities include:

- \* One lighted championship field with stadium seating.
- \* Ten lighted regulation soccer fields.
- \* Four youth soccer fields
- \* Two multipurpose fields
- \* Five pavilions
- \* Two concession buildings
- \* Two meeting rooms
- \* Two sand volleyball courts
- \* Basketball courts
- \* Horseshoe pits
- \* Cross country trail
- \* Three walking trails



#### Rogers Park

Rogers Park is a 7.5 acre day park located at the end of Hunt St. (1115 Hunt St.).

#### Facilities include:

\*picnic shelter with rest rooms and picnic

- \*Octagon shaped picnic shelter with tables
- \*Two tennis courts
- \*Two basketball courts
- \*Walking/jogging track
- \*Playground and open play field

#### Jaycees Mini-Park

A 1-acre passive park located at the corner of Bell St. and Crossway Ave. There are 3 picnic tables, 7 benches and open space.

#### West View Mini-Park

1-acre at February Street. The park consists of a picnic shelter with 2 tables, playground and basketball goal.

## Patterson Community Center & Sports\*Com

Patterson Park Community Center is located at 521 Mercury Blvd. 615-893-7439. Sports\*Com is located at 2310 Memorial Blvd. 615-895-5040.

HOURS OF OPERATION

Monday through Friday: 6am - 9pm / Saturday: 8am - 5pm / Sunday: 1pm - 5pm Sports\*Com Closed: Spring Cleaning - April 3 - 7 / Easter - Sunday April 16

ADULTS										
ADULTS	DAILY	MONTHLY*	30 VISITS**	YEARLY***						
GOLD PASS	\$4.00	\$40.00	\$60.00	\$360.00						
SILVER PASS	\$3.00	\$30.00	\$45.00	\$270.00						
BRONZE PASS	\$2.00	\$20.00	\$30.00	\$180.00						

YOUTH & SENIORS (17 & UNDER, 60 & OLDER)												
	DAILY	MONTHLY*	30 VISITS**	YEARLY***								
GOLD PASS	\$3.00	\$30.00	\$45.00	\$270.00								
SILVER PASS	\$2.00	\$20.00	\$30.00	\$180.00								
BRONZE PASS	\$1.00	\$10.00	\$15.00	\$90.00								

#### **ADMISSIONS AND PASSES**

#### **Gold Pass:**

Includes pool, all areas of center, including racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

#### Silver Pass:

Includes pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes or racquetball courts.

#### Bronze Pass:

Includes selected areas of the center: game room, gymnasium, track, and wellness center. Does not include city-sponsored wellness classes, fee-based classes, pool or racquetball courts.

Note: Racquetball courts only available at Patterson Park Community Center.

<u>Note</u>: Passes purchased are good for both Sports\*Com and Patterson Park Community Center.

#### Tot Watch

Ages: 6 months -7 years old Cost: \$3 per child; \$1 for each additional sibling. Parents who have a gold yearly or gold monthly pass may use the Tot Watch area for free. Limit 3 children per family.

#### Sports\*Com Days/Times:

Mon- Fri 8am-10am; Mon- Thur 5pm-8pm **Patterson Days/Times:** M-F 7:30am-11am and 4pm-8:45pm / Sat 8am-11am

\* Patrons may use Tot Watch for up to 2 hours per day and no more than 9 hours per week. You must reserve a spot in Tot Watch prior to your arrival. \*Monthly = Unlimited daily visits for 30 days from date of issue.

\*\*30 visits = 30 daily visits over a one-year period
from date of issue.

\*\*\*Yearly = Twelve months from date of issue.

For more information on our new financial assistance policy and facility rental fees, please call the MPRD office at 890-5333.

#### New!!! Patterson Group Exercise Schedule

#### Sports\*Com Group Exercise Schedule

MON	TUES	WED	THURS	FRI	SAT	MON	TUES	WED	THURS	FRI	SAT	SUN		
8:30-9:30a	8:30-9:30a	8:30-9:30a Track and	8:30-9:30a	8:30-9:30a			7am Tai Chi-Arthritis	6am Wake Up Step	7am Tai Chi-Arthritis	6am Cardio Blast				
Tone Zone	Body Sculpt 9:30-10:15a	Tone	Pilates	9:30-10:15a	Fitastic Friday 9:30-10:15a	9-10a	8am Step/Tone	8am Core Energy		8am Core Energy		8:30am Step/Tone		
	Senior Sensations		Senior Sensations	Senior Sensations	Saturday	, ,	, ,	9:15am Senior Power	9:15am Total Body	9:15am Senior Power	9:15am Total Body	9:15am Senior Power		
	10:30-11:15a Busy Bees		10:30-11:15a Busy Bees			10:30am Tumbleweeds		10:30am Tumbleweeds				1:30pm Step/Tone		
5:30-6:30p	5:30-6:30p	5:30-6:30p	5:30-6:30p	5:30-6p		5pm Step/Tone	5pm Step/Tone	5pm Step/Tone	5pm Step/Tone	5:30pm Surprise				
Body Blast	Tone Zone	Body Blast	Tone Zone	Express Yoga		6pm Step/Tone	6pm Yoga	6pm Step/Tone	6pm Yoga					
6:30-7:30p Yoga	6:30-7:30p Step-N-Sculpt	6:30-7:30p Power Yoga	6:30-7:30p Step-N-Sculpt			6:30pm Kickboxing	6:30pm Kickboxing	6:30pm Kickboxing						

Body Blast: Get your heart pumping while you strengthen and tone your entire body. For anyone who wants to improve his/her overall fitness level.

**Body Sculpt:** Tone and tighten from your head to your toes using bands, balls and weights.

Busy Bees: Ages 2-5. Focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Requires preregistration by calling 893-7439.

Cardio Blast: Incorporates bootcamp moves, step, weight training, and whatever else can get you up and moving!

Core Energy: Use fluid moves, static holds and muscular contractions to strengthen the muscles of your torso (abs, back,

and waist), hips and legs. Express Yoga: This 30-minute class focuses on stretching, strengthening and breathing while getting you ready for the weekend ahead. Fitastic Friday: End the work-week

with a surprise workout that will get you fantastic for the weekend. Friday Surprise: The format of this class varies week to week in accordance with what the instructor and participants vote to do. Let your voice be heard.

Kickboxing: High-intensity workout incorporating kicks, jabs, hooks, and other martial-arts-inspired moves to give you an excellent cardiovascular workout. Includes some toning and abdominal exercises.

**Pilates:** Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization,

alignment and core strength. Significant abdominal and lower back work.

Power Yoga: Integrates yoga stretching with strength training for a well-rounded workout. Saturday Surprise: This class will

vary each week depending on instructor and participant input. Get the workout you want! Senior Power: This class is specifically designed for our seniors. Concentration is on building strength and flexibility as well as

Senior Sensations: Expressly designed for sensational men and women over 50. This 45-minute class will improve your cardiovascular capacity as well as

functional fitness.

your flexibility.

Step-n-Sculpt: Have fun while

giving your heart a great workout then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout. Step/Tone: Consists of basic and not-so-basic step moves designed to give all fitness levels a heart-pounding workout. May include additional toning and abdominal exercises.

Tai Chi: Its use of smooth flowing, upright movements makes this form of Tai Chi perfect for those suffering from arthritis. You don't have to have arthritis to enjoy and benefit from this class.

Tone Zone: Energetic, fast-paced, cardio class designed to burn calories and increase muscle tone. Expect anything from step to kickboxing to boot camp. Get your body and heart rate in the zone.

Total Body: Nonstop workout that uses dumbbells, body bar, balls, steps, and even your own body weight to help you develop the lean muscle tissue you need for a toned body.

Track and Tone: Walk jog or run your way to good health in this circuit class that utilizes the track and machine and free weights. Tumbleweeds: Ages 2-5 Your child will learn the fundamentals of tumbling and balance in this 45-minute class. Wake Up Step: Early morning step class- mostly cardio with some toning and abdominal work. Yoga: These flowing, stretching moves will help reduce stress, increase flexibility, balance and coordination.

## Patterson Community Center & Sports\*Com

ATTENTION: Sports\*Com will be closed April 3 - 7 for Spring Cleaning and both Sports\*Com and Patterson Communivt Center will be closed on Sunday, April 16 for Easter holiday.

		SPOR1	S*COM IN	DOOR POO	L & WATER	EXERCIS	e schedul	Į
DAYS & TIMES	SUN	MON	TUES	WED	THURS	FRI	SAT	Γ
6-7AM		LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		
7-8AM		LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM		٧ •
8-9AM		H2O EXERCISE	H2O EXERCISE	H2O EXERCISE	H2O EXERCISE	H2O EXERCISE	8:30-9:30AM DEEP H2O/ SWIM LESSONS	li
9-10AM		GENTLE JOINTS*	DEEP H2O	GENTLE JOINTS	DEEP H2O	GENTLE JOINTS	LAP SWIM/ SWIM LESSONS	
10-11AM		REHAB/ DEEP H20	REHAB	REHAB/ DEEP H20	REHAB	REHAB/ DEEP H20	LAP SWIM/ SWIM LESSONS	,
11AM-12PM		LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM/ SWIM LESSONS	
12-1PM		LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	AVAILABLE FOR PARTY RENTALS	Δ
1-2PM	OPEN SWIM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	OPEN SWIM	
2-3PM	OPEN SWIM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	OPEN SWIM	
3-4PM	OPEN SWIM	LAP SWIM/ OPEN SWIM	LAP SWIM	LAP SWIM/ OPEN SWIM	LAP SWIM	LAP SWIM/ OPEN SWIM	OPEN SWIM	
4-5PM	OPEN SWIM CLOSES AT 4:30PM	LAP SWIM/ OPEN SWIM	LAP SWIM/ 4:30-5:30 DEEP H2O/ SWIM LESSONS	LAP SWIM/ OPEN SWIM	LAP SWIM/ 4:30-5:30 DEEP H2O/ SWIM LESSONS	LAP SWIM/ OPEN SWIM	OPEN SWIM CLOSES AT 4:30PM	a
5-6PM	AVAILABLE FOR PARTY RENTALS	LAP SWIM/ OPEN SWIM	LAP SWIM/ 4:30-5:30 DEEP H2O/ SWIM LESSONS	LAP SWIM/ OPEN SWIM	LAP SWIM/ 4:30-5:30 DEEP H2O/ SWIM LESSONS	LAP SWIM/ OPEN SWIM	AVAILABLE FOR PARTY RENTALS	
6-7PM AVAILABLE FOR PARTY RENTALS		H2O EXERCISE	DEEP H20/ SWIM LESSONS	H2O EXERCISE	DEEP H20/ SWIM LESSONS	H2O EXERCISE	AVAILABLE FOR PARTY RENTALS	5
7-8PM		OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		,
8-8:45PM		OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM		

#### CLASS DESCRIPTIONS H20 Exercise Mon, Wed, Fri 8-9am

This one-hour session can serve the beginner or the student looking for a mid-range aerobic workout. Resistance equipment is used for toning and strengthening - all muscle groups are targeted. The class is easily modified for impact limitations. Takes place in the shallow end of the

#### indoor pool.

#### <u>T-Days</u> Tue, Thurs. 8-9am

This class offers a moderate-to-high intensity cardio workout, abdominals and muscle conditioning in the shallow end of the pool. If you want a tougher workout, add aqua jog belts and bar bells to create drag and resistance.

#### Instructor led, for beginners as well. Gentle Joints Mon, Wed, Fri 9-10am

A perfect class for those participants who require impact-free exercise while increasing strength and balance. Movements will work through a full range of motion for flexibility benefits. A great class for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

#### Water Power! Mon, Wed, Fri 6-7pm

What a great way to end your day and stay in shape. This shallow water exercise class has elements of circuit training that utilize intervals and toning to power those calories away. A good class for the long-term exerciser or a beginner.

Deep Water Exercise (H2O) Mon, Wed, Fri 10-11am; Tue & Thur- 9-10am, 4:30-5:30pm, 6-7pm New! Saturday 8:30-9:30am

Float your way to fitness! Knowledge of swimming is not required, nor is it necessary that you begin working at a high level of intensity to enjoy this type of exercise. This class is perfect for those with impact limitations. Using hip flotation belts, develop aerobic endurance and muscle conditioning.

#### **DESCRIPTIONS Rec Pool Play**

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise.

#### Open Swim

The entire pool (water slide, water playground, lap lanes) is open for play.

#### **Anchored Down Aqua**

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

#### **Squeaks and Creaks**

This class will focus on the older adult or the individual with joint disease or fibromyalgia. Toning and stretching, balance and core strengthening with slight aerobic emphasis. A must for the beginner or one headed back to fitness.

TALL I G	NOOH PAINT	TOUL O'N	MIEN ENE	stide acite	0066		
DAYS & TIMES	SUN	MON	TUES	WED	THURS	FRI	SAT
6-7AM		LAP SWIM / INDIV. EX.	LAP SWIM / INDIV. EX.	LAP SWIM / INDIV. EX.	LAP SWIM / INDIV. EX.	LAP SWIM / INDIV. EX.	
7-8AM		LAP SWIM / INDIV. EX.	LAP SWIM / INDIV. EX.	LAP SWIM / INDIV. EX.	LAP SWIM / INDIV. EX.	LAP SWIM / INDIV. EX.	
8-9AM		ANCHORED DOWN AQUA	ANCHORED DOWN AQUA	ANCHORED DOWN AQUA	ANCHORED DOWN AQUA	ANCHORED DOWN AQUA	LAP SWIM SWIM PREESCHOOL
9-10AM		SQUEAKS N' CREAKS	LAP SWIM / SQUEAKS N' CREAKS	SQUEAKS N' CREAKS	LAP SWIM / SQUEAKS N' CREAKS	SQUEAKS N' CREAKS	LAP SWIM SWIM PRESCHOOL
10-11AM		LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM SWIM PRESCHOOL
11AM-12PM		LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM SWIM PRESCHOOL
12-1PM		LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	AVAILABLE FOR PARTY RENTALS
1-2PM	OPEN SWIM	CLOSED Cleared at 12:45	CLOSED Cleared at 12:45	CLOSED Cleared at 12:45	CLOSED Cleared at 12:45	CLOSED Cleared at 12:45	OPEN SWIM
2-3PM	OPEN SWIM	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	OPEN SWIM
3-4PM	OPEN SWIM	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	LAP SWIM REC POOL PLAY	OPEN SWIM
4-5PM	OPEN SWIM TILL 4:45PM	LAP SWIM / REC POOL *25 MAX	LAP SWIM / REC POOL *25 MAX	LAP SWIM / REC POOL *25 MAX	LAP SWIM / REC POOL *25 MAX	LAP SWIM REC POOL PLAY	OPEN SWIM TILL 4:45P
5-6PM	AVAILABLE FOR PARTY RENTALS	LAP SWIM / REC POOL *25 MAX	LAP SWIM / REC POOL *25 MAX	LAP SWIM / REC POOL *25 MAX	LAP SWIM / REC POOL *25 MAX	LAP SWIM REC POOL PLAY	AVAILABLE FOR PARTY RENTALS
6-7PM	AVAILABLE FOR PARTY RENTALS	LAP SWIM / REC POOL *25 MAX	LAP SWIM / REC POOL *25 MAX	LAP SWIM / REC POOL *25 MAX	LAP SWIM / REC POOL *25 MAX	LAP SWIM REC POOL PLAY	AVAILABLE FOR PARTY RENTALS
7-8PM		OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
8-8:45PM		OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	

## General Information

#### Wilderness Station Information

697 Barfield Crescent Rd - 615-217-3017



\*Located in Barfield Crescent Park, the **Wilderness Station** is a beautiful facility featuring nature and outdoor adventure programs, room rentals, and a snack/gift shop.

\*A paved accessible trail leads to the primitive (walk-in only) backcountry campground and the river overlook.

\* 5 miles of rough, rocky and hilly backcountry trails offer a variety of challenges.

\*The small fishing pond is great for beginners. Please catch and release only.

\* A popular fishing and wading area can be accessed near the river overlook trail. The Marshall Knobs trail loop runs below the overlook along the bank of the West Fork of the Stones River.

\*The Backcountry Campground has designated areas divided into 4 group sections. Each section has 5 individual campsites. The campground is "primitive camping," which means you can only get there by walking/backpacking. There are no showers, drinking water or electricity. The restrooms consist of 1 flushable toilet.

The campground is a 1-mile hike from the Wilderness Station parking lot. Everyone must take a "wilderness awareness workshop" scheduled with the Wilderness Station staff prior to planning and scheduling your first campout. This 45-minute informative session conveys the points of the nationally recognized "Leave No Trace Outdoor Ethics" program and explains some of the basic rules for this educational camping facility.

#### Park Hours:

7 a.m. to 10 p.m.

(Gates are subject to stay open later or close earlier due to special events or seasonal requirements.)

#### Trail Hours:

7 a.m. to 30 minutes before dark (unless attending a staff-led program)

#### Wilderness Station:

November 1st - March 31st 9 a.m. to 5 p.m. Tuesday thru Saturday Noon to 5 p.m. Sundays - Closed on Mondays Please see page 2 for rental information.

#### Murfreesboro Greenway System

Contact:

Angela Jackson, Program Coordinator for Greenway and Wetlands (615) 893-2141

<u>Hours</u>: Opens at sunrise and closes 1/2 hour before sunset.

#### Thompson Lane Trailhead

Located on Thompson Lane, off Northwest Broad Street, this trailhead provides access to the historic McFadden farm property. This was the site of one of the bloodiest engagements in the Battle of Stones River and is marked with an artillery monument. A 60-car parking area at this Northern terminus of the Murfreesboro Greenway System allows users to enter the 12-footwide asphalt trail for walking, jogging, in-line skating, and bicycling. Access for small watercraft is available from this location.

#### **Broad Street Trailhead**

At the intersection of Thompson Lane and Northwest Broad Street, at the 84 Lumber Company, is an 8-car parking lot providing entry to the greenway. This trailhead provides a water fountain and wayside exhibit. Close to this trail entrance, visitors can view rock outcroppings near the bank of the Stones River. As you travel to the west there is a wooden overlook that provides a good view of the river.

#### General Bragg Trailhead

This trailhead houses a picnic pavilion that has restrooms, a water fountain, and a children's playground. The 40-car parking lot can be reached from West College Street (Old Nashville Highway). If you started at the Thompson Lane Trailhead (to the north) or Fortress Rosecrans Trailhead (to the south) you are now approximately halfway on the Stones River Greenway at a distance of 1 1/2 miles in either direction. A spur trail begins from the side of the pavilion and leads to Stones River National Battlefield. This spur trail adds another 1 1/2 miles to your walk.

#### Manson Pike Trailhead

At the corner of Searcy Street and Medical Center Parkway is a trailhead that offers parking for 15 cars. Provided at this site is a boat ramp for small craft. Restrooms and a water fountain are available. A short walk gives the visitor a view of the dam at Ransom's Mill.

#### Redoubt Brannan Trailhead

This trailhead contains 19 parking spaces and is located on West College Street. Across the street are the remains of an earthen fortification (Redoubt Brannan) that was part of the larger Fortress Rosecrans. Redoubt Brannan was used by Union troops to guard the Old Nashville Pike and L&N Railroad.

#### Fortress Rosecrans Trailhead

Located on Golf Lane inside Old Fort Park is this historic trailhead. The pathway leading to the Murfreesboro Greenway System passes by the largest restored earthen fortification of the Civil War. This fort played a crucial role in the Battle of Stones River. It served as a supply depot for the Union troops on their march south to Chattanooga and Atlanta.

#### **Overall Street Trailhead**

This small trailhead has parking for 11 cars and is located across from the entrance to the picnic pavilions at the rear of Old Fort Park. This places you on the Lytle Creek portion of the Murfreesboro Greenway System.

#### Cannonsburgh Trailhead

This southernmost trailhead is adjacent to the restored village of Cannonsburgh and is the beginning of the Lytle Creek trail, which passes through the most urban portion of the greenway. Local businesses are accessible to those wishing to purchase a beverage, snack, or full meal. After crossing under Broad Street, the historic downtown square is a block away. Linebaugh Public Library, City Hall, and Police Administrative offices are all located within two blocks of this trailhead. Cannonsburgh has restrooms and a water fountain.

## General Information

### Wetlands Information

#### Contact:

Angela Jackson, Program Coordinator for Greenway & Wetlands (615)893-2141

Murfree Spring Wetlands is a 25-acre city park under the jurisdiction of the City of Murfreesboro Parks and Recreation Department. It is located at the corner of Maney Ave. and Broad Street. Walking trails and raised boardwalks wind through the wetlands, while the plaza area boasts an amphitheater and water features. The area offers parking, restrooms, and a playground, all of which have easy access to the Discovery Center, a hands-on children's museum.



Wetlands are among the most productive ecosystems in the world, comparable to rain forests and coral reefs. The restoration and preservation of this irreplaceable resource in Murfreesboro serves not only local wildlife, but also teaches our citizens to love, appreciate, and protect wetlands everywhere.

Silhouettes of popular wetland flora and fauna form interactive interpretive signage along the boardwalks. A retaining wall becomes the History Wall, depicting a timeline of the area from prehistoric to current happenings on the site. Stepping stones through a pond-like water feature demonstrate an aquatic food chain. Opportunities for learning abound!

## McFadden Community Center

211 Bridge Avenue 615-893-1802

McFadden Community Center offers a safe, fun environment for area children to attend after school. The after-school program offers homework time, arts & crafts activities, and athletic activities. Games include pool, bumper pool and air hockey.



#### **Center Hours:**

Monday - Friday 10 a.m. - 8 p.m.

**NOTE:** To reserve the gym at McFadden, contact our main office at 890-5333.

### Cannonsburgh Village

312 S. Front Street - 615-890-0355



The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and period gifts.



The historic buildings in
Cannonsburgh
Village are closed
through the winter.
Farm implements,
tractors and grounds
may be viewed
year-round.

The Williamson Chapel, Leeman House and Gazebo are available for weddings and receptions year-round on weekdays and weekends. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call Monday through Friday, 10 a.m.-4 p.m., for rental fee and day/time availability, 615/890-0355.

#### **Winter Visitor Center Hours:**

December 1, 2005 - April 22, 2006 Monday through Friday, 10 a.m. - 4 p.m. Closed Saturday and Sunday

## Infant, Toddler & Preschool Programs.

## Swim Preschool

Following the American Red Cross Parent and Child Aquatics Program, children (ages 6 months - 4 years) become comfortable in and around the water so they are ready to learn to swim. Parents are given infor-



mation and techniques to help orient their children to the water, to supervise water activities in a safe manner and progress into the Swim Academy Program.

**Location:** Patterson Park Community Center Pool

Age: 6 months - 4 years
Cost: 8 Classes - \$50

Days: Mondays and Wednesdays, April 10 - May 3

**Time:** Based on specific class offerings.

Aquatots I - 6 -18 months
Aquatots II - 18 - 36 months
Preschool I - 3-4 years
Preschool II - 3-4 years
Advanced Preschool - 3-4 years

Please call the Aquatics Dept. at 893-7439 for more information.

## Little Tykes' Craft Hour

Location: Patterson Park Community Center -

Tot Watch

**Age:** 3 - 6

**Cost:** Silver Admission

Days: Mondays

Time: 11 a.m. - Noon

Please call 893-7439 for more information.

### Toddler Time

Location: Patterson Park Community Center -

Youth Gym

**Age:** 5 and under

Cost: \$1
Days: Fridays

Time: 10 - 11 a.m.

Please call 893-7439 to reserve your spot!

## **Busy Bees**

This class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Requires preregistration by calling Patterson Park Community Center.

Location: Patterson Park Community Center -

Aerobic Studio

**Age:** 2 - 5

Cost: Gold pass admission
Days: Tuesdays and Thursdays

Time: 10:30 - 11:15 a.m.

Call 893-7439 to reserve your spot on the day of the class.

## Sports\*Com Tumbleweeds

Learn to tumble, jump, stretch and roll to improve balance and locomotor skills in a fun setting!



**Location:** Sports\*Com Aerobics Room

**Age:** 2 - 5

**Cost:** Gold pass admission

**Days:** Mondays and Wednesdays

**Time**: 10:30 - 11:15 a.m.

Please call 895-5040 to reserve your spot

on the day of class.

## Teddy Bear Tea

Look in Grandma's closet for beads, purses and lace to accent your special tea dress. Decorate your own cake, hear a story and other teatime activities. Bring your favorite bear or stuffed loved one.

your favorite bear or stuffed loved one.

**Location:** Patterson Park Community Center -

Dining Room

**Age:** 3 - 5

Cost: Bronze pass admission
Days: Saturday, April 22
Time: 11 a.m. - 1 p.m.

Please call 893-7439 to reserve your spot!

## -Infant, Toddler & Preschool Programs

## Wild Things

#### TRPA Four-Star Award Winner!

Activities for toddlers beginning a lifetime of adventures and love for the wilderness!

**Location:** Wilderness Station **Age:** Birth - 5 years

Cost: \$1

Days: Wednesdays
Time: 9:30-10:15 a.m./

10:30 - 11:15 a.m.



April 5 - Feed Me (The Venus Flytrap)
April 12 - Do the Bunny Hop
April 19 - Colors of the Rainbow
April 26 - April Showers

Please call 217-3017 on Tuesday to reserve your spot.

### **ABC** Hike

Take a short hike with us as we search for things in the wilderness that begin with each letter of the alphabet.

**Location**: Wilderness Station

Age: 2 - 5 Cost: Free

Day: Saturday, April 15

**Time:** 10 - 11 a.m.

Please call 217-3017 for information.

## **Imagination Station**

A parent and child reading event!

Come join us as we do activities centered around stories about spring by author Lois Elhert. Presented by Read

to Succeed and Murfreesboro Parks and Recreation.

**Location:** Patterson Community Center -

MGL Library

**Age:** Preschool and Early Elementary ages

Cost: Free

Day: Saturday, April 22 Time: 10 - 11:30 a.m.

Please call 738-7372 for information.

## Strollercize

Use your baby's stroller as portable exercise equipment while we power walk on the greenway. A fitness instructor will lead additional exercises along the way. Enjoy the outdoors, meet other parents and get in shape while spending time with your child!

#### FREE!

We will meet every Thursday at 9 a.m. at the following locations:

April 6
Murfree Spring (Discovery Center off Broad St.)

April 13
Thompson Lane Greenway Trailhead

April 20
General Bragg Trailhead (West College St.)

April 27
Fortress Rosecrans (Old Fort Park)

In case of inclement weather, meet at Patterson Park Community Center.

Please call 893-2141 for information.

## Cindy's Cinderellas

**Location:** McFadden Community Center

**Age:** 3 - 5

Cost: Call 896-4683 for fee information.

Days: Tuesdays

**Time:** Based on class offerings

Please call 896-4683 for more information.

## Youth / Teen Programs.

### Art 2 Eat

**Edible Craft Class!** 

**Location:** Patterson Community Center - Art Room

**Age:** 8 - 15

**Cost:** Silver pass admission

Days: Tuesdays Time: 3 - 5 p.m.

Please call 893-7439 for more information.

## **Crazy Creations**

Location: Patterson Community Center - Art Room

**Age:** 8 - 13

Cost: Silver pass admission

Days: Wednesdays Time: 6 - 7 p.m.

Please call 893-7439 for more information.

## **Creative Expressions**

Arts, Crafts, Music, and Drama

**Location:** Patterson Community Center - Art Room

**Age:** 8 - 12

**Cost:** Bronze pass admission

Days: Thursdays Time: 3 - 4 p.m.



Please call 893-7439 for more information.

## Beginners Quilting Class

Basic hand quilting for a lap quilt or wall hanging.

Materials will be provided.

**Location:** Patterson Community Center

Age: 8 and over

Cost: Bronze pass admission

**Days**: Fridays **Time**: 5 - 6 p.m.

Please call 890-3626 for more information.

### **Budding Biologists**

Join us every week for a new adventure; we'll do a hands-on

activity or experiment and nature hike.

**Location:** Wilderness Station

**Age**: 6 - 12 **Cost**: \$1 **Days**: Tuesda

Days: Tuesdays Time: 4 - 5 p.m.

April 4 - Bird Olympics

April 11 - Home 'tweet Home

April 18 - Jeop-Birdy!

April 25 - Bird Action

Please call 217-3017 to reserve your spot!

## Plant People

Join us as we do hands-on activities and take hikes to observe plants in action. Come to every session available for the month and take home a Plant People badge!

**Location:** Wilderness Station

Age: 7 -13
Cost: \$1
Days: Fridays
Time: 4 - 5 p.m.

April 7 - Chloroplast April 14 - Fungus April 21 - Flowers

April 28 - Roots, Shoots and Buds

Please call 217-3017 to reserve your spot!

### Kim's Karate of Murfreesboro

Location: Sports\*Com
Age: Youth and Teen

Cost: Call for fee information.

Days & Times: Mon. and Wed. 5:30 - 6:30 p.m.

Fri. 6 - 7 p.m., Sat. 12 - 1 p.m.

Please call 459-5362 for more information.

### Murfreesboro Tae Kwon Do

Location: Sports\*Com Age: All ages

**Cost:** Call for fee information.

Days & Times: Children: Tues. and Thurs. 4:30-5:30 p.m.

Teen/Adult:Tues. and Thurs. 5:30-6:30 p.m.

Please call 890-3626 for more information.

**MURFREESBORO PARKS AND RECREATION** 



SUMMER IN THE CITY 2006

# Jump in this summer! HAVE SOME FUN!



## MPRD Summer Day Camps

Spend your summer in the Australian Outback, the Wild West, or even Outer Space - all without leaving Murfreesboro!

With Murfreesboro Parks and Recreation Department's summer day camps, you'll play soccer, tennis, floor hockey, disc golf, and volleyball. You'll go swimming and have water balloon fights. You'll make arts and crafts projects, go on nature hikes, sing silly camp songs, and much, much more!

Opportunities abound in our beautiful city, and this summer we invite you to really experience Murfreesboro. The camps are located in the North (Richard Siegel Park and Sports\*Com), Central (Patterson Park Community Center and Old Fort Park), and South (Barfield Crescent Park). Our day camp programming will take full advantage of what each park has to offer. Our staff will lead activities in athletics, aquatics, cultural arts, wellness/fitness, and outdoor adventure. Kids will be divided by ages, and camp counselors will guide their adventures (with help from a few friends like pirates, sumo wrestlers, cavemen, and cowboys).

There will be traditional camp activities like games, songs, skits, crafts, and hikes. From Monday's opening flag ceremony to Friday's exhaustion after the all-camp field day, parents will know their kids are having a safe and fun experience. We'll explore places from the high seas to the high skies with our imaginatively themed camps. There will be alien wars and treasure hunts, alligator wrestling and snowball fights! This will be an amazing "Summer in the City!"



ALIEN INVASION
June 5 - June 9: Central
An expedition into out of this world fun!

PIRATE BRIGADE
June 12 - June 16: North
Swashbuckling adventure on the high
seas!

ICE AGE June 19 - June 23 Central Chill out like a caveman!

WILD WEST June 26 - June 30: South Summer Camp the cowboy way!

CAMP DOWN UNDER July 10 - July 14: North Explore The outback, mate!

MISSISSIPPI MUD July 17 - July 21: South Good clean fun...NOT!

SAMURAI SHOWDOWN July 24 - July 28: Central What's more exciting than a big ole Sumo?



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8 - 11															1			
11 - 14												1	1	1				

## -MPRD Summer Day Camps



Target special interests with Murfreesboro Parks and Recreation Department's specialty camps. Activities will focus on specific skills and activities. There is an option to swim after the camps.

Guard Start Camp - \$50.00

June 5 - June 9 OR July 10 - July 14, 9a.m. - 12 noon
Building blocks form the foundation of lifeguarding
skills. (Sports\*Com & Patterson)

Backcountry Backpacking Days - \$75.00

June 12 - June 14 and July 24 - July 26

Overnight backpacking at Barfield Crescent Park's Backcountry Campground.

Soccer Camp - \$50.00
June 26 - June 30, 9a.m. - 12 noon
Kick up your skills at Siegel Soccer Complex.

Cheerleading Camp - \$40.00 July 10 - July 14, 9a.m. - 12 noon Learn basic fundamentals of cheerleading. (Sports\*Com)

Tennis Camp - \$40.00 July 10 - July 14, 9a.m. - 12 noon Serve up some fun at Old Fort Park tennis courts.

Sports Camp - \$50.00 July 17 - July 21, 9a.m. - 12 noon Get in the mix with a variety of sports.

Tennessee Heritage Camp - \$50.00

July 17 - July 21, 9a.m. - 1 pm
Explore frontier life at Cannonsburgh Village.

Guard Refresher Camp - \$50.00
July 19 - July 23, 9a.m. - 12 noon
Allows prior Guard Start participants to prepare
for the first annual Junior Guard Olympics.

Junior Guard Olympics - \$5.00
July 29, 10a.m. - 12 noon
Great way for parents to observe what their
children have learned in camp. Event can
conclude with recreational swim for the entire
family.

Homeschool Camp - \$50.00

July 31 - Aug. 4, 9a.m. - 12 noon

Summer camp fun just for kids who homeschool Sports, games, arts & crafts, outdoor
adventure, swimming, and more.



## Youth / Teen Programs

### **Earth Cadets**

Environmental and recycling program!

Location: Patterson Park Community Center - Rm.C

Age: 8 - 10

Cost: Bronze pass admission Day: Thursday, April 20 3:30 - 4:15 p.m. Time:

Please call 893-7439 for more information.

## **Creative Expressions**

Arts, Crafts, Music, and Drama

**Location**: Patterson Park Community Center - Art Room

13 and up Age:

Bronze pass admission Cost:

**Thursdays** Days:

Time: 4:30 - 5:00 p.m.



Please call 893-7439 for more information.

#### Nature Art -

Wind Socs

Come join us for fun crafts with nature's materials. Let's see what types of useful and fun crafts we can make using natural resources in our own backyard.

**Location**: Wilderness Station

6 - 13Age: \$2.00 Cost:

Saturday - April 29 Day:

1 - 2 p.m. Time:

Please call 217-3017 to reserve your spot!

### Homeschool P.E.

Location: Patterson Park Community Center -

Youth Gvm

Grades 1st - 9th Age: Gold pass admission Cost:

Mondays, Tuesdays and Wednesdays Days:

Time: 1 - 2 p.m.

Call 893-7439 for more information.

## Library Workshops

Topic: Sugar Eggs

Learn how to make molded sugar eggs and decorate with royal icing for these traditional spring sweet treats. Register in the children's area of Linebaugh Library no later than the second

Wednesday of each month.

**Location:** Linebaugh Library

8 and up Age: Cost: \$4.00

Days: 2nd Saturday of every month - April 8

Time: 10:30 a.m. - Noon

Please call 893-7439, ext. 14, for more information.

## Homeschool Happenin's

Topic: Honey Bees

School-age kids can participate in nature-themed activities to supplement their homeschool curriculum.

**Location**: Wilderness Station

6 - 12 Age: Cost: \$1.00

April 6 - 1st Thursday of every month Days:

Time: 2 - 3 p.m.

Call 217-3017 to reserve your spot!

## Swim Academy of Murfreesboro

Based on the American Red Cross Learn-to-Swim program using Levels 1 - 5. All new participants must take an evaluation (at the facility they wish to take lessons)

to best determine their proper level.

**Location:** Patterson Park Community Center and

Sports\*Com

Age: 5-12

\$75 for 1st child, \$55 for each additional Cost:

child of same family

Days: Tuesdays and Thursdays, April 11 - May 4

Based on specific class offerings.

Please call Patterson at 893-7439 or

Sports\*Com at 895-5040 to schedule an evaluation.

## -Youth & Teen Programs

## Teen Sewing Class

Location: Patterson Park Community Center-

Theater Costume Room

**Age:** 12 - 15

**Cost:** Bronze pass admission

**Days:** Tuesdays

**Time**: 4:30- 5:30 p.m.

Please call 893-7439 for more information.

#### Teen Scene

Location: Patterson Park Community Center-

Game Room

**Age:** 13 - 17

**Cost:** Silver pass admission

Days: Wednesdays Time: 5 - 6 p.m.

Please call 893-7439 for more information.

## Teen Cooking Class

Location: Patterson Park Community Center-

Dining Room / Kitchen

**Age:** 12 - 16

Cost: Bronze pass admission

Days: Wednesdays, April 5 and 26

**Time**: 4:30 - 5:30 p.m.

Please call 893-7439 for more information.

## Scrappers

**Location:** Patterson Park Community Center-

Art Room

**Age:** 8 - 11

**Cost:** Bronze pass admission

**Days:** Fridays **Time:** 4 - 5 p.m.

Please call 893-7439 for more information.

## Come Fly With Me

Join us in playing with the spring winds. Meet at the Wilderness Station to construct your very own kite and then give it a try at the park.

All materials will be provided.

**Location**: Wilderness Station

Age: 5 and up

**Cost**: \$2

Day: Saturday, April 8 Time: 10 - 11 a.m.

Please call 217-3017 to reserve your spot!

#### **American Red Cross Lifeguard Training**

Certifications include:

Lifeguard and First Aid Training, CPR/AED for Professional

Rescuer and O2 Administration.

Location: Sports\*Com Age: 15 and up Cost: \$145

Days and Time:

Session 1: April 17 - May 15: Mon and Wed, 6-9 p.m. \*There will be a summer LG Class: Dates & Times TBA.

## American Red Cross Lifeguard Instructor Training

Get certified to teach the Lifeguard Training course!

Location: Sports\*Com Age: 17 and up Cost: \$100

Davs and Time:

Wednesday, April 12 - Monday, May 15: Mondays and Wednesdays, 6-9 p.m.

## American Red Cross Water Safety Instructor (WSI) Training

Get certified to teach swimming lessons!

**Location:** Sports\*Com **Age:** 16 and up **Cost:** \$145

> Days and Time: April 28 - 30:

Fri. (5-9 p.m.), Sat. (9 a.m.-5 p.m.), Sun. (1 - 5 p.m.)

Please call 895-5040 for more information.

## Adult Programs

#### **Greenway Drum Circle**

Groove on the greenway! We will learn traditional rhythms from various cultures, as well as some modern ones, and we'll even make up our own! Bring your own drum or we will provide a bucket and sticks.

Location: Cannonsburgh Trailhead

Age: All ages Cost: Free!

Days: Saturdays, April 1 and 15

Time: 3 - 4 p.m.

Please call 893-2141 for more information.

## "A STONES THROW AWAY"

A Cleanup Along the Greenway - Saturday, April 8, 2006

9 a.m. - Noon: Lytle Creek (Check-in at the Overall Street Trailhead) 1 - 4 p.m.: Stone's River

(Check-in at the General Bragg Trailhead)

You may sign-up for either or both sections!

Bring your friends, family, scout troop, club or organization. Prize tags will be hidden on trash that is along the greenway...beside the trail, on the banks of Stones River and Lytle Creek, or even in the water! We will all pick up trash, keeping a close watch for tags that can be exchanged for prizes donated by Bink's Outfitters!

Make sure to wear sturdy shoes and bring gloves.

Murfreesboro Parks and Recreation thanks the following sponsors: Bink's Outfitters, Friends of the Greenway, Stones River National Battlefield, Recycle Rutherford, Stone's River Watershed Association, PBT Curbside Recycling, The Great American Clean-Up, and MTSU's Waterworks!

For more information, please call Angela Jackson at 893-2141.

## Trail Mix

Mix up your workout with these group exercise opportunities on the greenway.

#### **Greenway Walking Club**

Age: All ages Cost: Free!

Days and Time: Wednesdays at 9 a.m.\*

March 1 - Thompson Lane Trailhead March 8 - General Bragg Trailhead March 15 - Cannonsburgh Trailhead March 22 - Murfree Spring Trailhead March 29 - Fortress Rosecrans Trailhead

\*Program will be cancelled in inclement weather.

Group leaves at 9:05 a.m.

#### **Greenway Pedalers**

Enjoy the outdoors and make new friends as we take a leisurely bike ride on the greenway. Ride at an easy pace for about an hour, and get cycling tips along the

Bring your own bike or ride one of ours.

**Location:** Cannonsburgh Trailhead

Age: All ages Cost: Free!

**Days and Time:** Tuesdays at 9 a.m.\*

\*Program will be cancelled in inclement weather. Helmets are

recommended

(required for children under 16).

#### Strollercize

Use your baby's stroller as portable exercise equipment while we power walk on the greenway. A fitness instructor will lead additional exercise along the way. Enjoy the outdoors, meet other parents and get in shape while spending

time with your child!

Age: All ages Cost: Free!

**Days and Time:** Thursdays at 9 a.m.\*

March 2 - Murfree Spring Trailhead March 9 - Thompson Lane Trailhead March 16 - General Bragg Trailhead March 23 - Fortress Rosecrans Trailhead March 30 - Cannonsburgh Trailhead

\*In case of inclement weather, meet at

Patterson Park Community Center. Group leaves at 9:05 a.m.

Please call 893-2141 for information.

## Yoga in the Wilderness

Experience nature with all of your senses. Enjoy a gentle hike to the river and back. Class will be held inside and everything is provided.

**Location:** Wilderness Station **Age:** 18 years and up

**Cost**: \$2

Days: Tuesdays

**Time**: 9:30 - 11 a.m.

Please call 217-3017 to register or for more information.

## Scrapbooking Class

Get great ideas for your scrapbook and share a few of your own ideas. Some materials will be provided, participants must bring photos and their own scrapbook album.

Location: Patterson Community Center - Art Room

Age: 18 and up

Cost: Silver admission pass

Days: Mondays
Time: 6 - 7:30 p.m.

Please call 893-7439 to register or for more information!

## Community Bingo

**Location:** Patterson Park Community Center

Age: 18 years and up

Cost: Bronze pass admission Day: Wednesday, April 19

**Time:** 10 - 11 a.m.

Please call 893-7439 for more information.

## Wildflower Hikes

Come out to the Wilderness Station to see some of our spring wildflowers that are starting to make their way out!



**Location**: Wilderness Station **Age**: 18 years and up

Cost: Free

Tuesday, April 4, 10:30 - 11:30 a.m. Saturday, April 15, 11 a.m. - Noon Tuesday, April 18, 10:30 - 11:30 a.m. Saturday, April 29, 11 a.m. - Noon Please call 217-3017 to register

## Murfreesboro Art League

Location: Cannonsburgh Village - Art League Gallery

Age: 18 years and up

Cost: Memberships available

\$15 non-members

Days: Mondays Time: 7 - 9 p.m.

April 3, 10, 17 - Oil Painting

April 15 - 40th Anniversary Open House and Show For information, please call Carol Nesvik, (931) 394-2685, or Mack Radford, 890-4157.

## Stones River Region Antique Automobile Club of America

Restore your own vehicle and attend occasional swap meets.

Location: Cannonsburgh Village garage

Age: 18 years and up

**Cost:** Individual/Family memberships available

Days: 1st Tuesday every month - March 7

Please call Bruce Hickerson 890-1144 for more information.

## Senior Programs

#### **Exercise Classes at Sports\*Com**

#### Senior Power

Monday, Wednesday, Friday ~ 9:15-10am ~ Ages: 60+ ~ Comfortable clothing and gym shoes. This class combines strength training moves with stretches to increase your flexibility and overall functional fitness level. Call 895-5040 for more information.

#### Water Exercise Class

Monday, Wednesday, Friday ~ 8:00-9:00am & 6:00-7:00pm. Any age ~ swim attire. This one-hour invigorating session incorporates aerobicendurance and muscular conditioning in the shallow end of the indoor pool.

#### **Gentle Joints**

Monday, Wednesday, Friday ~ 9:00-10:00am ~ Any age, 60+ encouraged to participate ~ swim attire. A water exercise class with a softer side. This class is designed for those participants who require impact-free movement while increasing strength and balance and working through a full range of motion. Great for those with arthritis and beginning exercisers. Shallow end of the indoor pool.

#### Tai Chi

Tuesday, Thursday ~ 7-7:45am ~Its use of smooth flowing, upright movements makes this form of Tai Chi perfect for those suffering from arthritis. You don't have to have arthritis to enjoy and benefit from this class.

#### Activities at St. Clair Street Senior Center

Classes are for ages 60 and over. Classes are designed for most fitness levels. Comfortable clothing and gym shoes are recommended for all classes. For more information, please call 848-2550.

#### Senior Fitness

Mondays, Wednesdays, and Fridays, 8:00 - 8:30 a.m. This class consists of strength training, gentle aerobics and stretching geared specifically for seniors.

#### **Functional Fitness**

Mondays, Wednesdays, and Fridays, 8:30 - 9:00 a.m. This 30-minute class consists of weight/resistance training, cardio, and stretching to help you achieve and maintain your functional fitness level.

#### . Yoga

Mondays, Wednesdays, and Fridays, 9:15 - 10:30 a.m. This class takes place on mats on the floor. Gently strengthen and stretch your body with smooth slow movements. Class is concluded with a soothing relaxation time.

#### Core Strength

Tuesdays and Thursdays, 8:30 - 8:45 a.m. and 10:25 - 10:40 a.m. This 15-minute class takes place on mats on the floor. Strengthen your core muscles (your back and abs) for better posture and upper body strength.

#### Senior Strength

Tuesdays and Thursdays, 8:45 - 9:35 a.m. and 10:40 - 11:30 a.m. This 40-minute class consists of 20 minutes of cardio and 20 minutes of weight/resistance training in both standing and sitting positions.

#### Dancercize

Tuesdays and Thursdays, 9:35 - 10:25 a.m. Get up and moving! This class combines easy-to-follow movements with high-energy music togive you a fun, heart-healthy experience.

#### Bunco

An easy game to learn and play anywhere! Come learn and play with us, then teach it to your family and friends.

Location: St. Clair Street Senior Center

Age: 60 and up Cost: Free!

Day: Thursday, April 6 Time: 1:30 - 3:30 p.m.

Please call 848-2550 for more information.

## **April Bridge Tournament**

Enjoy an afternoon of bridge for prizes!
Refreshments are provided and there is no fee.
Beginners are welcome!

**Location:** St. Clair Street Senior Center

Age: 60 and up Cost: Free!

Day: Thursday, April 20

Time: 1 - 4 p.m.

Preregister by calling the St. Clair Street Senior Center 848-2550. For more information, call Marlane 642-3170.

## Classics' 6th Anniversary Dance

Dance the evening away to the music of the Bill Sleeter Trio. Light refreshments provided.

**Location:** St. Clair Street Senior Center

Age: 60 and up

Cost: \$4.00 at the door Day: Friday, April 21 Time: 7 - 10 p.m.

Please call Yvonne at 896-6050 or Gladys at 895-7867.

### Walk/Swim Across TN

Track your progress across Tennessee, while improving fitness and winning prizes. Participants can walk or swim. and their mileage is tracked by markers on display in the pool area.

**Location:** Patterson Park Community Center

**Age:** All ages

Cost: Silver Pass Admission
Days: Monday - Saturday

Time: During lap swim times-please see pg. 5. Please call 893-7439 for more information.

### Inner Tube Water Polo

A great game for families to play together and an opportunity for youth, teens, adults and seniors to paddle their way to fitness!

Location: Sports\*Com indoor pool

Age: 12 and up

Cost: Silver pass admission

**Days:** Tuesdays Time: 7 - 9 p.m.

Please call 895-5040 for more information.

## **Positive Impact**

A very low impact aerobics class is now at Sports\*Com. This class is for those who are new to exercise, out of shape, out of motiva-

tion or just need a lower-paced workout.

**Location:** Sports\*Com **Age:** 16 and up

Cost: \$24 a month for 2 sessions per week

\$36 a month for 4 sessions per week

**Days:** Tuesdays and Thursdays

Times:

Session 1 Workin' Out to the Oldies 7:15-7:45 p.m.

Session 2 Instructor's Choice 7:45-8:15 p.m.

Preregistration is required.

Call Angela at 615-556-0717 for registration and fees.

### Chess Class

Sponsored by the Rutherford Co. Chess Club

Location: Patterson Park Community Center-

Meeting Room C

Age: All ages

**Cost:** Bronze pass admission

**Days:** Fridays

**Time:** 5:30 - 7 p.m.

Please call 893-7439 for more information.

## Qakland's Dictorian Fair

Experience the lively Victorian atmosphere with entertainment, demonstrations and vendors as the interpreters bedecked in period dress usher you through Oaklands Historic House Museum.

April1, 2006 from 10 a.m. to 3 p.m.

Adults: \$5.00, Children and Seniors 60+: \$2.00,

Ages 5 and under: no charge

Parking will be free and shuttle buses will be running throughout the day.



Activities include storytelling, mansion tours, an old-fashioned cake walk and Victorian music. A living history demonstration of the famous "Raid on Murfreesboro" by General Nathan Bedford Forest in 1862 will be held at 2 p.m. Crafts and games for kids such as sack races, hoops-n-sticks, bucket relays, and 1860's dress up are planned!

Murfreesboro Parks and Recreation will provide wetlands education and activities!

The Victorian Fair is held in association with Oaklands Historic House Muuseum, City of Murfreesboro, Sons of Confederate Veterans Camp #33, Stones River National Battlefield and the Murfreesboro Parks and Recreation Department.

Located at 900 North Maney Avenue in Murfreesboro, Tennessee - 615-893-0022.

## **Round Dancing**

Location: Patterson Park Community Center-

Aerobic Studio

Age: All ages
Cost: \$3 per class

Days: Fridays

**Time**: 6 - 8:30 p.m.

Please call 893-7439 for more information.

## Line Dancing

Location: Patterson Park Community Center -

Aerobics Studio

Age: All ages

Cost: \$28 for 8 weeks, beginning April 1

Days: Saturdays Time: 1 - 3 p.m.

Please call Phyllis Petty at 893-6960 for more information.

### Learn to do the Detroit Hustle!

Learn the Electric Slide, Chicago Stepping, Casper Slide, Ballroom, Cha Cha and many other dances.

**Intermediate Level** 

**Location:** Patterson Park Community Center

**Age:** All ages

Cost: \$20 monthly (20 classes)

Days and Times:

Mondays and Wednesdays

10:30 - 11:30 a.m. and 7:30 - 8:30 p.m.

Saturdays 3:30 - 4:30 p.m. Beginner Level

**Location:** Patterson Park Community Center

Age: All ages
Cost: \$10 (8 classes)

510 (6 Classes)

Days and Times: Mondays and Wednesdays, 9:30 - 10:30 a.m.

Thursdays, 11:30 a.m.-12:30 p.m.

**Location:** Sports\*Com Age: All ages

Cost: \$5 per class (separate from PPCC fees)

Days and Time: Fridays, 6:30.-7:30 p.m.

For more information, please contact M.J. Hollins at 848-6771.



## "A STONES THROW AWAY"

A Cleanup Along the Greenway -Saturday, April 8, 2006

9 a.m. - Noon: Lytle Creek (Check-in at the Overall Street Trailhead) 1 - 4 p.m.: Stone's River (Check-in at the General Bragg Trailhead)

You may sign-up for either or both sections!

Bring your friends, family, scout troop, club or organization. Prize tags will be hidden on trash that is along the greenway...beside the trail, on the banks of Stones River and Lytle Creek, or even in the water! We will all pick up trash, keeping a close watch for tags that can be exchanged for prizes donated by Bink's Outfitters! Make sure to wear sturdy shoes and bring gloves.

Murfreesboro Parks and Recreation thanks the following sponsors: Bink's Outfitters, Friends of the Greenway, Stones River National Battlefield, Recycle Rutherford, Stone's River Watershed Association, PBT Curbside Recycling, The Great American Clean-Up, and MTSU's Waterworks!

For more information, please call Angela Jackson at 893-2141.

## Trail Mix

Mix up your workout with these group exercise opportunities on the greenway.

#### **Greenway Walking Club**

All ages Age: Cost: Free!

Days and Time: Wednesdays at 9 a.m.\*

> March 1 - Thompson Lane Trailhead March 8 - General Bragg Trailhead March 15 - Cannonsburgh Trailhead March 22 - Murfree Spring Trailhead March 29 - Fortress Rosecrans Trailhead

\*Program will be cancelled in inclement weather. Group leaves at 9:05 a.m.

#### **Greenway Pedalers**

Enjoy the outdoors and make new friends as we take a leisurely bike ride on the greenway. Ride at an easy pace for about an hour, and get cycling

tips along the way.

Bring your own bike or ride one of ours.

Cannonsburgh Trailhead Location:

Age: All ages Cost: Free!

Tuesdays at 9 a.m.\* Days and Time:

\*Program will be cancelled in inclement weather. Helmets are recommended (required for children under 16).

**Strollercize** 

Use your baby's stroller as portable exercise equipment while we power walk on the greenway. A fitness instructor will lead additional exercise along the way. Enjoy the outdoors, meet other parents and get in shape while spending time with your child!

All ages Age: Cost: Free!

Days and Time: Thursdays at 9 a.m.\*

March 2 - Murfree Spring Trailhead March 9 - Thompson Lane Trailhead March 16 - General Bragg Trailhead March 23 - Fortress Rosecrans Trailhead March 30 - Cannonsburgh Trailhead

\*In case of inclement weather, meet at Patterson Park Community Center. Group leaves at 9:05 a.m.

Please call 893-2141 for information.

## The Last Day

This will be the Wilderness Station's last day. Please come out as we take part in the last day for this wonderful facility. This place will be missed but will be kept in the hearts and memories of the many people who visited it.



Just joking! April Fools!! Ha! Ha! But please still come out and enjoy our programs, shop, and trails!

**Location**: Wilderness Station

Age: All ages Cost: Free!

Saturday, April 1 Day: Time: 9 a.m. - 5 p.m.

Please call 217-3017 for more information.

## Easter Egg Dash

Thursday, April 13, 2006 - 5:30 p.m. Patterson Park Community Center Ages 1 - 10 - Free!

## Ready, Set, Go!

Join us for an Easter Egg Dash in the multipurpose field at Patterson Park Community Center. The dash will be divided into four age groups: 2 and under, 3-5, 6-8, and 9-10. Games and prizes will also be available! Have your child's picture taken with the Easter Bunny for \$1.



In case of rain, the event will be rescheduled for Saturday, April 15 - 10 a.m. For more information, please call 893-7439.

#### **Greenway Drum Circle**

Groove on the greenway! We will learn traditional rhythms from various cultures, as well as some modern ones, and we'll even make up our own! Bring your own drum or we will provide a bucket and sticks.

Location: Cannonsburgh Trailhead

Age: All ages Cost: Free!

Days: Saturdays, April 1 and 15

**Time**: 3 - 4 p.m.

Please call 893-2141 for more information.

### Wilderness Awareness Workshop

Our outdoor recreation staff will review basic camping skills, promote safety and teach "Leave No Trace" skills and ethics. This class is required to camp at Barfield Crescent Park.

**Location**: Wilderness Station

Age: All ages Cost: Free

Days: Friday, April 7 Time: 5 - 6:30 p.m.

Please call 217-3017 to reserve your spot!

### Wildflower Hike

Come out to the Wilderness Staton to see some of our spring wildflowers that are sarting to make their way out!



**Location**: Wilderness Station

Age: All ages Cost: Free

Days: Saturday, April 8 - 11 a.m.-Noon

Saturday, April 22 - 1 - 2 p.m.

This will be an outdoor program, so wear appropriate attire.

Please call 217-3017 to reserve your spot!

## Cooking in the Wilderness

Cooking in the wilderness is a whole different ballgame! Let us give you some ideas, tips, and tricks for cooking in the great outdoors.

**Location**: Wilderness Station

Age: All ages Cost: Free

Days: Saturday, April 8

**Time:** 1 - 2 p.m.

Please call 217-3017 to reserve your spot!

## Cooking on a Stick!

"Banana Boats"

Come out and enjoy the fun by the campfire and see what a surprisingly yummy treat we will make while cooking over the campfire! Bring your own water or soft drink. Wear comfortable shoes for the 2-mile round-trip hike to the campfire ring!

Remember to dress appropriately for the weather too!

**Location**: Wilderness Station

**Age:** All ages

**Cost:** \$3

Day: Saturday, April 8
Time: 3 - 4:30 p.m.

Please call 217-3017 to reserve your spot!

## Orient yourself man!

Have trouble reading a compass or map? Then come out to the Wilderness Station and orient yourself man!

**Location**: Wilderness Station

Age: All ages

Cost: \$1

Day: Saturday, April 15

**Time:** 1-2 p.m.

Please call 217-3017 to reserve your spot!

## Packing our Packs

Packing for a trip can be trip - even more so when you have to carry it the whole trip. Let us give you some pointers on lightening your load and how to carry it comfortably. Let's get down to the essentials for a fun excursion into the wilderness.

**Location**: Wilderness Station

Age: All ages Cost: Free

Day: Thursday, April 20

**Time:** 5 - 6 p.m.

Please call 217-3017 to reserve your spot!

### Flick n'Float

Relax on a float and catch a movie! This is a regular series of flick n' float films shown on the third Thursday of the month at the Patterson Park Community Center indoor water park. You are welcome to bring your own float or use one of ours.

**Location:** Patterson Park Community Center

Age: All ages

Cost: Silver pass admission Day: Thursday, April 20

Time: 7 - 9 p.m.

Please call the Aquatics Dept. at 893-7439 for more information.

## Backpacking the Backcountry

Join us on a backcountry adventure to our primitive campgrounds. Roughin' it just got a little more challenging! We will backpack our supplies in through our backcountry trails for overnight fun at our campground. Backpacks and tents can be provided. (Leave No Trace workshop is required - see pg. 22.)

Location: Wilderness Station

Age: All ages

**Cost**: \$5

Day: Saturday, April 22 - Sunday, April 23

**Time**: 5 p.m. - 10 a.m.

Please call 217-3017 to reserve your spot!

#### River Explorers

The water is important to most every organism on the earth!! Come help us check out the water quality of our own Stones River. We will do water sample testing and hunt around for other signs of wildlife to inspect the quality of their surroundings.

**Location**: Wilderness Station

Age: All ages

**Cost:** \$1

Day: Friday, April 28

**Time**: 4 - 6 p.m.

Please call 217-3017 to reserve your spot!

#### Recreational Swim Meet

Do you enjoy swimming? Do you enjoy competition on a recreational level, or are you looking for meet practice? If so, then come out to Sports\*Com for events like no other! Events for ages 7 and up will be held the last Friday every month!

**Location**: Sports\*Com **Age**: 7 and up

Cost: \$5 for three events,

\$2 for each additional event.

Days: Last Friday each month - April 28

**Time**: 7 - 9 p.m.

Registration begins at 5:30 p.m. Please call Thomas 867-4913 or

S\*C Aquatics 895-5040 for more information!

## PIONEER DAYS



Old-time spring festival at Cannonsburgh Village with music, dance and traditional trades demonstrations.

April 22, 2006 - 10 a.m. - 5 p.m. Free!

Old-time fun for families! Demonstrations include blacksmithing, soap making, antique cars, sheep shearing, cake walks, crafts and more!

For more information, please call 890-0355. 312 S. Front Street, Murfreesboro TN.

### MURFREESBORO PARKS AND RECREATION

## DAY CAMPS

## SUMMER IN THE CITY 2006

Registration:
May 6, 2006
10a.m. - 2p.m.
Patterson Park
Community Center







More info inside!